

LMP-S23 NOTES 09-12-02 (REVIEWED PLANTS IN TABLE 4)**Informant:** LMP-S23**Interview Date:** 9/12/02**Interviewers:** Claudia J. Hernandez and Michael O. Jones**Interview Notes**

We went over plants listed in table 4.

Plants used:

1. Llantén is used like hierba del manso; used primarily for cuts not so much for eruptions. The leaves are macerated and applied to affected area. Leave on until dry. Decoctions are also prepared and used. A decoction is prepared by soaking the mashed leaves in water. The water is used to wash affected area.
2. Poptillo, explains Ofelia, is also known as Mormon tea or Mexican tea and is prepared as tea for nerves.
3. Bush sage is used medicinally and ceremonially. A rule of thumb about sage is that the larger leaf specimens are used as remedies.
4. Ajo macho is ideal because the cloves are large, but they are not usually sold in her local supermarket therefore she does not use it often.
5. Ajenjo-Ofelia thinks it is the same as estafiate. Estafiate is good for nerves, and strong digestive symptoms such as diarrhea and "torzon" or severe cramps.
6. Papaya-for constipation; keeps digestive and entire bodily system clean; type of blood fortifier. The fruit is eaten or made into a "licuado" or shake. The seeds are also beneficial, but they must be ground up.
7. Prodigiosa is a type of "salvia" or sage which Ofelia has in her garden. The plant is grayish in color and is used for calming and relaxing as well as for ceremonies.
8. Limes are used interchangeably with lemons. The leaves and juice of fruit are prepared in teas or fresh drinks for soothing and stimulating the entire bodily system. Often the juice of the fruit is used in conjunction with other herbs. It is also prescribed for anemia.
9. Rosa de Castillo is calming and soothing. A small handful of the flowers are put to one quart of water for the preparation of a tea.
10. Malva or mallo buds are edible; the leaves are used medicinally.
11. Jamaica is a refreshing drink; blood fortifier; preventative medicine.
12. Lantana used ceremonially only.
13. Eucaliptus-used for deep bronchial congestion and coughs; take as tea.

14. Apple-her mom used the skin for dermal irritations; it soothes rashes, allergies and sunburn. Ofelia used it for pimples.

15. Guayaba

16. Chayote-Ofelia has used this vegetable medicinally for the relief of menstrual cramps.

Plants not used:

1. Arnica

2. Campana florifundia

3. Siempre viva is has a curly leaf and succulent stem; it is often confused with the jade plant. Ofelia does not use it although her mother had a plant and her comadre uses it medicinally.

4. Zapote

5. Cañafistola

6. ceiba

7. Romerillo-she heard about it being used by early settlers and Native Americans for reducing fevers.

8. Azares are prepared in tea for colic, nerves and paleness/weakness. Ofelia does not use it.

9. Coffee

10. Jade

11. Cola de caballo-Although her mother used for nerves and her neighbor Teresita uses it, Ofelia does not.

12. Locuat-Ofelia has never used this plant medicinally but recalls her aunts and family telling her, as a child, that it was good for her digestion.

13. Alcanfor or camphor-may be a type of eucalyptus.

14. Paraiso

15. Toronjil-she thinks this plant may be related to the mint family.

16. Helecho

17. Oregano brujo

18. Peach

19. Huamuchil

20. Avocado-mom recommended it as an aphrodisiac or used it to clear skin rashes and sunburn; it is applied directly, especially good for the face.

21. Tuna is a common name for the fruit of cacti. Her mother used a type called joconoxtle medicinally.

22. Guayabillo

23. Elder is also known as elderberry. It's prescribed for nerves and kidney problems. Ofelia's mom used it, but she does not.

24. Pinol

25. Black night shade-toxic; used in ceremonies and may be used for susto and nerves but she does not use it.

26. Yucca-her mother used the root as a disinfectant/antiseptic to clean wounds and get rid of lice.

27. Ginger-her mother recommended it as an aphrodisiac to help women conceive or become more fertile.

28. Bamboo-she has a golden variation growing in her yard for decoration purposes.

29. Chatia